

Vertebroplasty

Discharge Instructions

Followup Appointment:

Instructions for Care Site

- Remove the dressing 24 hours after the procedure. Cleanse the site with soap and water. Pat dry. No dressing is needed after 24 hours.
- Check your procedure site each day for redness, drainage, bleeding, or swelling.
- You may take a shower. **DO NOT** soak in a bathtub or hot tub, or go swimming for 7 days or until the site is healed.

Activity

- Do not participate in strenuous activity or heavy lifting for 3 days.
- Increase your normal activities slowly.
- Maintain good posture.
- Do not bend or twist from the waist.
- If you have a back brace, you need to wear it when walking.

Diet

- Continue your normal diet today.

Instructions due to Sedation Received for Procedure

- **DO NOT** participate in activities where you could become injured for the next 24 hours. **DO NOT** drive or operate heavy machinery for the next 24 hours.
- **DO NOT** make important decisions or sign legal documents for the next 24 hours.
- Only take over-the-counter or prescription medications for pain, discomfort, or fever as directed. If pain medications have been prescribed for you, ask your healthcare team when it will be safe to take.
- You should not drink alcohol, take sleeping pills, or medications that cause drowsiness for 24 hours.

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Discharge Instructions

Contact your doctor or seek medical care if...

- You have severe back pain (worse than before your procedure)
- Increased or change in tingling or numbness of extremities (different than before the procedure)
- You have nausea or vomiting
- Your pain is increased, worse, and not relieved by medication
- The procedure site is: bleeding, red, swollen, foul smelling, or there is color drainage
- You have trouble breathing or shortness of breath
- You have an oral temperature 101 degrees Fahrenheit or higher
- Trouble walking (worse than before procedure)
- Problems with urination or having a bowel movement

If you are experiencing a medical emergency please go the nearest emergency room.